

Fig. 1

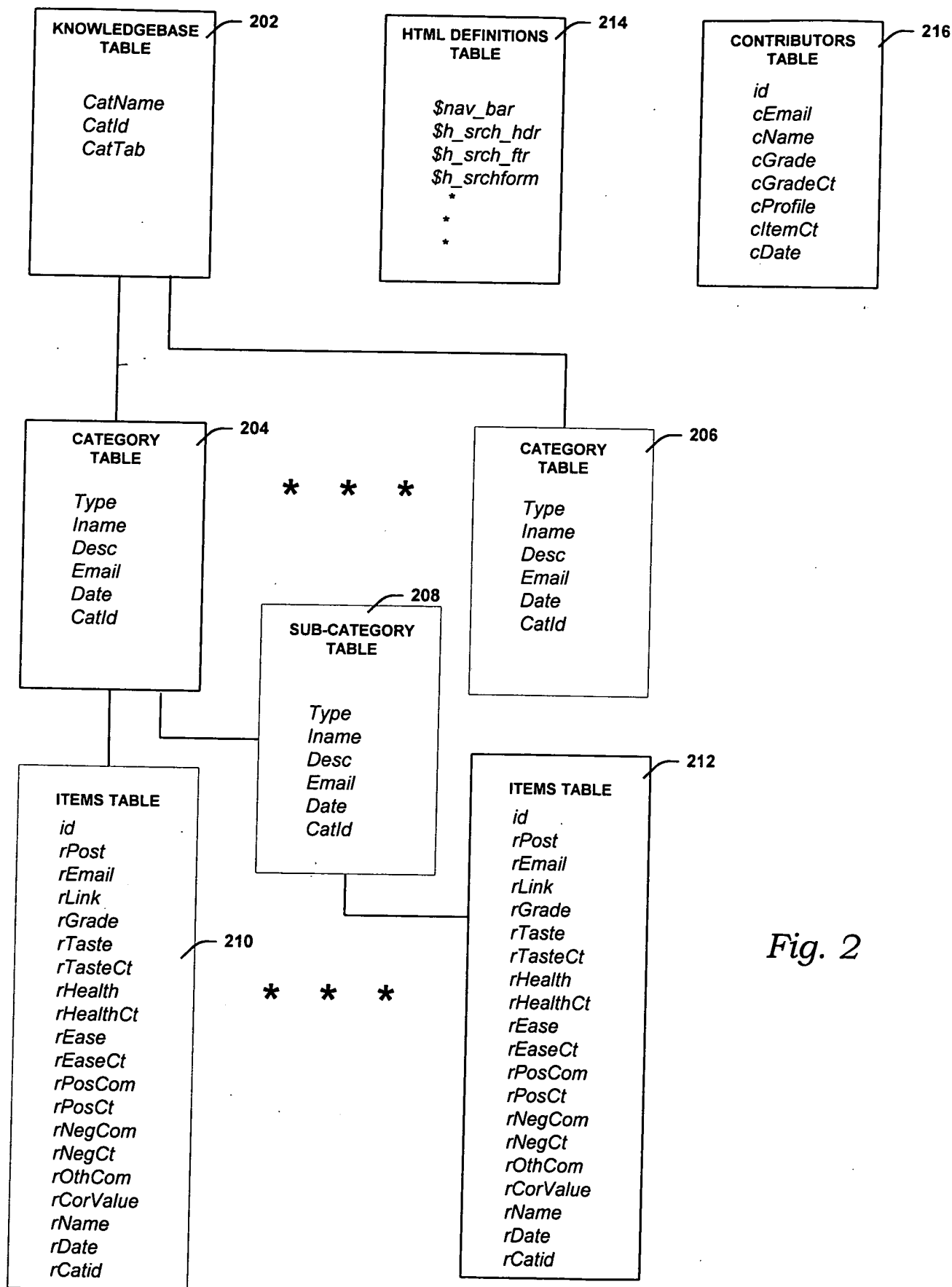


Fig. 2

Links to:

- Knowledge Base Map
- Search Functions
- Content Submission Form

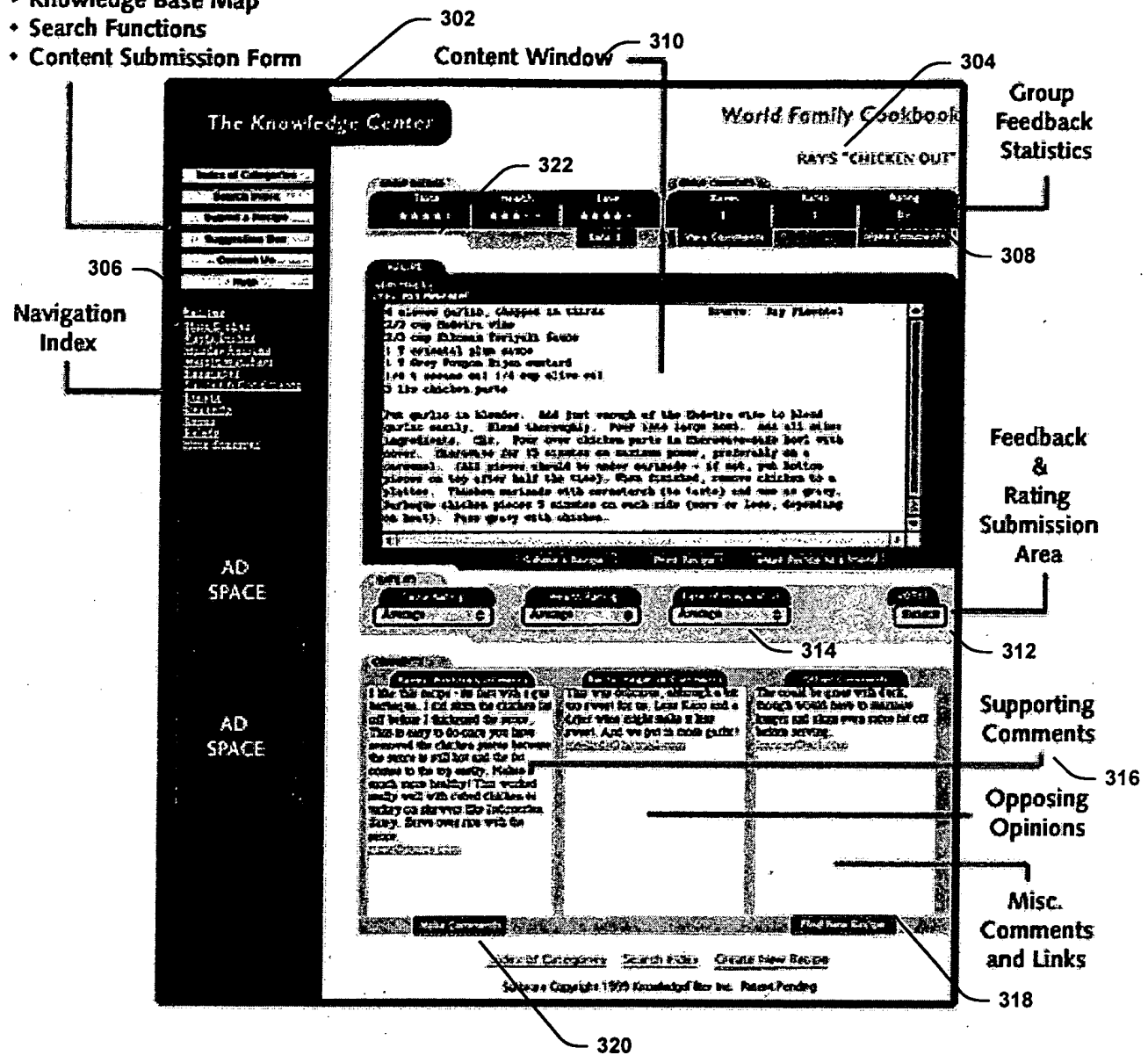


Fig. 3

506

Index page showing standard and custom sorting options for lists of contributions (in this case recipes)

508 510

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Sort Recipes By

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Search Recipe Index Search for Ingredients Within All Recipes

Recipes sorted by date

Recipe	Overall Rating	Taste Rating	Health Rating	Ease of Preparation Rating	Percentage of supporting comments	Contributed by:
Baked Flounder Rolls With Tomato, Bell Pepper, And Bacon	D	2.0	1.0	2.0	0	
The Bakers Wife Potatoes	B	3.5	3.0	3.0	100	
Beef Philly	B	4.0	4.0	3.3	100	
Beef Topped Sourdough Pizza						
Broccoli With Red Pepper And Onion						
Cheese Fondue						
CRAB CASSEROLE						
CHILI REFRIGERATOR CASSEROLE						
GREEN CHILI WITH WHITE BEANS						
RAY'S CHICKEN OUT						
CHICKEN WITH ONION SAUCE	Not available	0.0	0.0	0.0	0	
CATALAN BAKED FISH (MERO A LA PASTELERA)	Not available	0.0	0.0	0.0	0	
German Omelet	Not available	0.0	0.0	0.0	0	
GREEN BEANS ORIENTAL	Not available	0.0	0.0	0.0	0	
BUDAPEST BEEF GOULASH	B	4.0	2.7	4.0	100	
BUDAPEST BEEF GOULASH						
CURRIED LENTILS	A	4.0	5.0	5.0	100	

512

Do you want to find the best recipe in this category? Do you have your own ideas of the relative importance of taste, health and ease of preparation? Below you can give different weights to taste, health and ease of preparation and see how the recipes stack up!

Personal Preferences	Not Very Important	Somewhat Important	Very Important
How important is taste?	1	2	3
How important is health?	1	2	3
How important is ease of preparation?	1	2	3

Fig. 5

Visual Category Map

Search Categories

Create New Category

Submission Box

Contact Us

Help

702
Search the Recipes Knowledge Base

Search the category and recipe Index ©
or, search for an Ingredient within all the recipes. ©

Find:

704

Fig. 7

802

Make a comment about this recipe.

If you would like to share your experience or any ideas about this recipe, please enter your comments here:

804

Choose from one of the following

submission options:

- ☒ Positive comment 806
- ☐ Negative comment
- ☐ Other Comment or link

Enter your email address here:
(optional.. if you'd like response from others)
and then....

808

Fig. 8

Create a new sub-category within : Recipes

If you would like to create a new sub-category within the Recipes category enter the name in the field below. If you would like to create a sub-category within another category navigate to the category and then click "Create new category".

Below please also enter a description of what the sub-category will contain.

Will this category contain items? ☐ Yes ☒ No

Category name:

Your Email:

Category Description:

Submit Category Information

Fig. 9

1002

Submit a new recipe for : Main Dishes

1004

Before you contribute a recipe there are two steps you must follow:

Step 1: Find the Appropriate sub-category

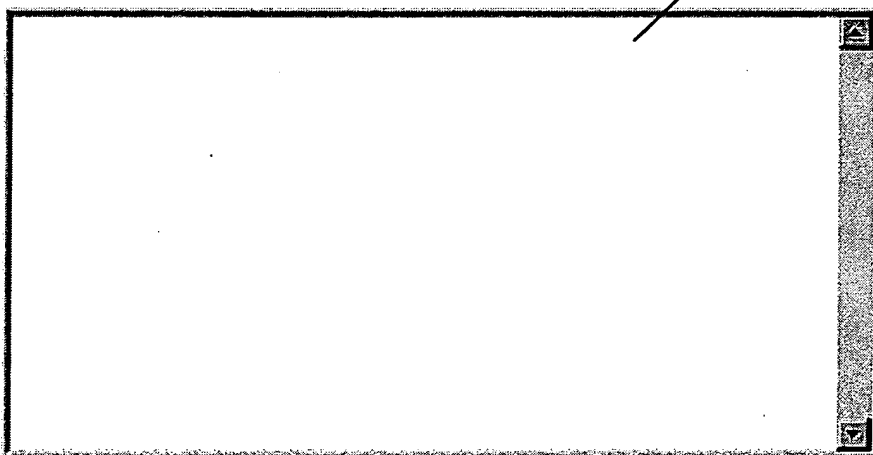
Finding the right sub-category for your contribution is just a matter of browsing until you get to the appropriate category. When you look for the right sub-category, get as specific as possible. Dig deep into the CookBook, looking for the right subject area. You cannot contribute a recipe to the top level category. You can only contribute to a sub-category that can includes recipes.

Step 2: Contribute your recipe from the Appropriate Sub-category

Contribute your recipe from the category you think most appropriate. Currently you are in the Main Dishes category. If this is not the appropriate category for your recipe, [click here to go the top-level category](#) and find the right sub-category.

If you would like to share one of your favorite recipes, enter it into the field below. You may paste or type text into the field.

1006



Recipe Name: 1008

Source of recipe or link: 1010

Enter your email address here: 1012
(optional. Use if you want feedback)

Submit Recipe

Fig. 10

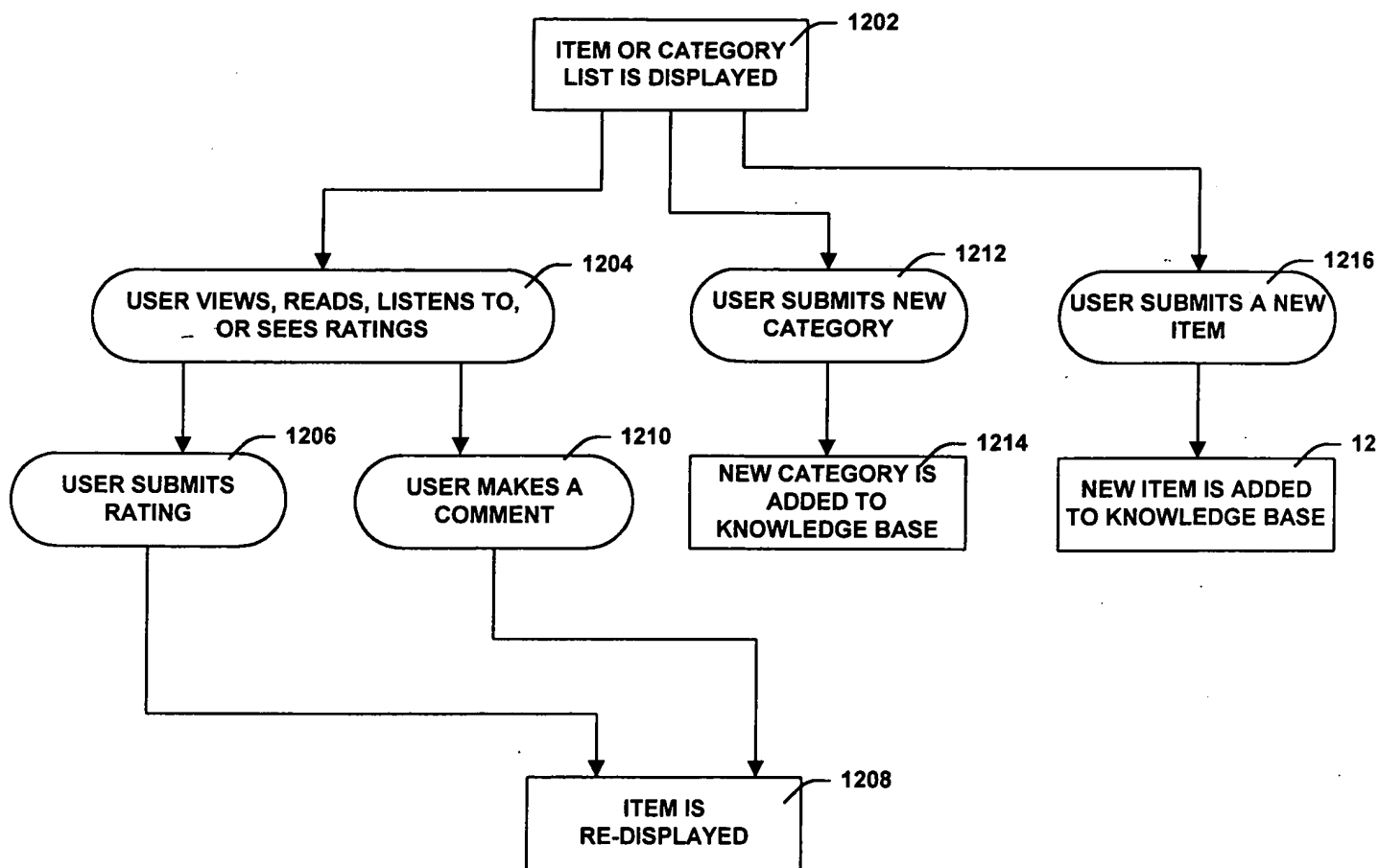


Fig. 12

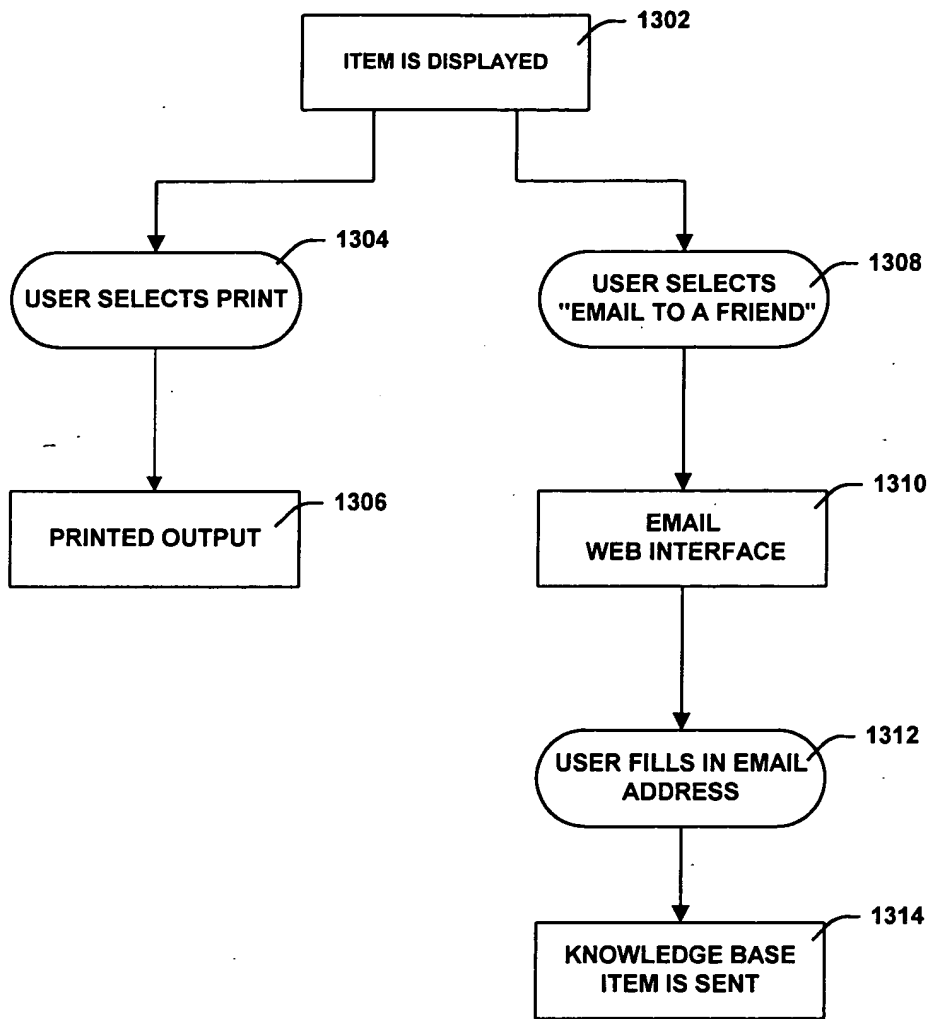


Fig. 13